

**Brought to you by Mono County Behavioral Health
760.924.1740**

IF you have lost your house:

It is **normal** to have any or all of the following reactions:

Difficulty concentrating or focusing

Feeling numb or extremely sensitive or both

Difficulty sleeping and/or eating

Nightmares

Feeling lost

Lack of energy

Feeling urgent to get as much done as quickly as possible (even when it isn't possible)

Intrusive thoughts

Inability to connect to others

Intense Fatigue

Anxiety Symptoms

Shock and Overwhelm

Increased startle response

Loss of interest in pleasurable events

Flashbacks and strong responses to noises (such as wind, loud bangs, etc)

Intense anger and/or irritability

If you have **not** lost your house, but your neighbor's have:

Any of the above plus--

Intense guilt

“Survivor Guilt”

Feeling on the “outside”

What to do:

The basics!

Get rest

Create a routine and/or schedule

Take your time. Emotional recovery cannot be rushed

Talk, talk, talk about what happened, how you feel, etc.

Stay hydrated, eat well, get exercise

Connect with others through your community, family, friends or place of worship

Pay attention to and reduce how much alcohol or other drugs you are using to cope

Spend time enjoying the beautiful and magical place where you live

Remember that having a strong response to this is totally and completely normal. Not everyone will have the same reactions—some will have more, some less, some now, some later.

IF any of the above persist for more than a couple of weeks please give us a call.

IF any physical symptoms persist, please see your Primary Care Provider.

IF you or someone you know have persistent feelings of suicide call immediately.

IF it's an emergency, call 911.